

FALL 2023 CLASS SCHEDULES THURSDAYS AT 4:00 PM

531 Forest Pkwy Suite 100
Forest Park, GA

Date	Brightcourse
Sept 14	Family Planning
Sept 21	Boundaries
Sept 28	Car Seat Education - SafeKids
Oct 5	First Trimester
Oct 12	Infant Expectations
Oct 19	Successful Family Living
Oct 26	Discipline isn't spelled PUNISHMENT
Nov 2	Fertility & Hormonal Wellness
Nov 9	Mommy Nutrition
Nov 16	Anger Management
Nov 23	NO CLASS
Nov 30	Fertility Awareness: 30 Day Review
Dec 7	Family Stability Inside Change

Virtual



FALL 2023 CLASS SCHEDULES MONDAYS AT 11:00AM

ZOOM ID: 872 0215 1340

Passcode: Mary

Date	Nurturing God's Way - Forest Park Hybrid
Aug 21	The 7 Principles to Nurture God's Way
Aug 28	Knowing Children as God Knows us
Sept 4	NO CLASS
Sept 11	Fulfilling your Godly Parenting Role
Sept 18	Developing Godly Character in Children
Sept 25	Turning Chaos into Confidence (in person)*
Oct 2	We ARE Loved Unconditionally
Oct 9	Nurture Me...Watch Me Grow!
Oct 16	God, the Father of Compassion
Oct 23	Trust and Obey, for there's no Other Way
Oct 30	Feelings - Motivators to our Behavior
Nov 6	Navigate or Negotiate?
Nov 13	Biblical Stress Survival Kit
Nov 20	NO CLASS
Nov 27	Behavior Incentives & Rod of Correction
Dec 4	Weathering Life's Storms
Dec 11	Traditions and Class End (in person)*

*in person at PAC Forest Park
531 Forest Pkwy Suite 100
Forest Park, GA

FALL 2023 CLASS SCHEDULES MONDAYS AT 1:30PM

ZOOM ID: 763 394 8786

Passcode: Diapers

Date **Nurturing Parenting**

Sept 11	Family Planning
Sept 18	Handling Feelings
Sept 25	Car Seat Education - SafeKids
Oct 2	Parent-Child Bonding and Attachment
Oct 9	Fetal & Brain Development/Ages & Stages for Infants & Toddlers
Oct 16	Understanding & Developing Family Morals, Values, & Rules
Oct 23	Alternatives to Spanking and Rewards & Punishments
Oct 30	Fertility & Hormal Wellness
Nov 6	Health & Nutrition
Nov 13	Communicating with Respect
Nov 20	NO CLASS
Nov 27	Fertility Awareness: 30 Day Review
Dec 4	Understanding & Handling Stress

Virtual

FALL 2023 CLASS SCHEDULES THURSDAYS AT 11:00AM

ZOOM ID: 872 0215 1340

Passcode: Mary

Date **Biblical Women of Courage**

Aug 17	Eve: Defining Motherhood
Aug 24	NO CLASS
Aug 31	Sarah: Learning to Trust
Sept 7	NO CLASS
Sept 14	Rebekah: Knowing Your Children
Sept 21	Rachel: Handling Disappointment
Sept 28	Midwives: Obedience to God Rewarded (in person)*
Oct 5	Jochebed: Wisdom and Faith
Oct 12	Rahab: Risking it All
Oct 19	Ruth: Faithful Love
Oct 26	Deborah and Jael (Judges): Motivation, Leadership
Nov 2	Hannah: Letting Go
Nov 9	Abigail and Bathsheba, Women of Kings: The Power of Influence (in person)
Nov 16	The Widow of Zarephath (Elijah) and The Shunamite Woman (Elisha)
Nov 23	NO CLASS
Nov 30	Judith: Women of the Exile (Part 1)
Dec 7	Esther: Women of the Exile (Part 2) "For such a Time as This"
Dec 14	Mary, Mother of Jesus (Part 1): Selfless Love (in person)*

***in person at the PAC Roswell Clinic**

FALL 2023 CLASS SCHEDULES THURSDAYS AT 10:00 AM

St. Brendan Church
4633 Shiloh Rd, Cumming GA 30040

Date	Nurturing Parenting
Sept 14	Prenatal Care/Atencion Prenatal Boundaries
Sept 21	Emotions of Pregnancy/Las Emociones de Embarazo
Sept 28	Car Safety / Seguridad en el Automóvil
Oct 5	Understanding your Infant/ Entender a su Hijo
Oct 12	Infant Nutrition/Nutricion Infantil
Oct 19	The Importance of Words/ La Importancia de las Palabras
Oct 26	The Importance of Bonding/ La Importancia del Apego
Nov 2	Infant Expectations/Expectativas Infantiles
Nov 9	Mommy Nutrition/Nutricion de la Mama
Nov 16	Being a Super Mom/Ser una Super Mama
Nov 23	NO CLASS
Nov 30	Getting your Baby to Sleep/Como Hacer Dormir al Bebe
Dec 7	Fertility Session
Dec 14	Mommy Milestones/Hitos de Mami

Classes held in person

FALL 2023 CLASS SCHEDULES MONDAYS AT 7:00 PM

ZOOM ID: 859 2085 5272
Passcode: FEMMinity

Date	Mother-Daughter FEMM
Sept 11	Your Anatomy and Hormones
Sept 18	Charting your Cycle
Sept 25	Puberty and a Healthy Cycle
Oct 2	The Beginning of Life
Oct 9	Brain, Emotions, and Lifestyle
Oct 16	Healthy Habits
Oct 23	Family Planning

This seven part virtual series is for women and girls to attend together. You can join for as many or as few classes as you'd like.

FALL 2023 CLASS SCHEDULES TUESDAYS AT 2:00PM

ZOOM ID: 825 1008 8175

Passcode: panales

Date	Nurturing Parenting & Brightcourse
Sept 12	Prenatal Care/Atencion Prenatal
Sept 19	Manejo de Sentimientos
Sept 26	Car Safety / Seguridad en el Automóvil
Oct 3	Understanding your Infant/Entender a su Hijo
Oct 10	Infant Nutrition/Nutricion Infantil
Oct 17	Comunicandonos con Respeto
Oct 24	The Importance of Bonding/La Importancia del Apego
Oct 31	Infant Expectations/Expectativas Infantiles
Nov 7	Mommy Nutrition/Nutricion de la Mama
Nov 14	Cambios en la Imagen Corporal
Nov 21	NO CLASS
Nov 28	Getting your Baby to Sleep/Como Hacer Dormir al Bebe
Dec 5	Fertility session
Dec 12	Mommy milestones/hitos de mami

Classes in Spanish

FALL 2023 CLASS SCHEDULES WEDNESDAYS AT 4:00PM

ZOOM ID: 814 7219 7990

Passcode: DADication

Date	Fatherhood Mentoring #DADication
Aug 23	Real Time / Real Dad
Aug 30	The Two Questions
Sept 6	NO CLASS
Sept 13	Being a Leader
Sept 20	Being Consistent
Sept 27	Loving Discipline
Oct 4	Practical Discipline
Oct 11	Respect for Mothers
Oct 18	Baby Care Basics for Dads
Oct 25	Taking Care of her During Pregnancy
Nov 1	Taking Care of her During Birth
Nov 8	Co-parenting
Nov 15	Child Support
Nov 22	NO CLASS
Nov 29	Father Presence
Dec 6	Marriage/Relationships
Dec 13	Incarceration Re-entry